

# TURMERIC, BROCCOLI & SPINACH CHICKEN



## QUICK

12 mins prep  
time

## HEALTHY

Phytonutrients is a broad name for a variety of compounds produced by plants all with different benefits for the body. With 4 different vegetables in this dish you'll get a wide variety of benefits

## FAMILY

Feeds 5-6

## MEALS

This doesn't need to be served with anything else

## INGREDIENTS

- 8 skinned and boneless chicken thighs or breasts sliced into 'fingers'
- 2 crowns broccoli
- 2 large handfuls spinach
- 200g asparagus or 1 red pepper
- 1 large onion
- 4 garlic cloves
- 3cm thumb ginger
- 1 tsp turmeric
- ½ tsp cinnamon
- 2 tsp curry powder
- 1 tbs oil
- 4 tbs water
- 1 tbs honey
- 2 tbs soy sauce
- 200g rice
- ½ tsp salt and 8 grinds pepper
- A handful of cashews to sprinkle on the top

## METHOD

- 1) Cook rice according to the instructions on pack
- 2) Heat 1 tbs oil in a large frying pan
- 3) Slice the onion
- 4) Add onion and garlic to pan and sauté
- 5) Slice the chicken into fingers and add
- 6) Add the cinnamon, curry powder, turmeric, minced ginger
- 7) Add the water, soy and honey
- 8) Cut the broccoli into bite sized florets – add
- 9) Chop the asparagus and add – mix well
- 10) Check the chicken is cooked through
- 11) Add spinach and cook till wilted
- 12) Taste – season – add more soy to taste
- 13) Dry fry your cashews and sprinkle on the top
- 14) Add rice or serve with the rice
- 15) Enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)